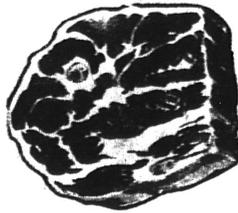




Old fashioned FOOD BARGAINS

TOM HINCKLEY'S
THE SUPERMARKET WITH THE COUNTRY STORE FLAVOR
241st and NARBONNE, in Lomita
OPEN 8 A.M. TO 10 P.M.
PHONE DA 6-9984 Limit rights reserved.

OUR POLICY To serve in a courteous and cheerful manner quality foods under immaculate conditions and to maintain at all times a standard of excellence that will merit the return of our customers. An unconditional, money-back guarantee on everything sold related to family life.

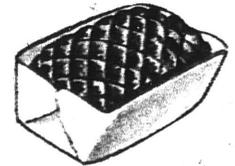


MANNINGS FINEST QUALITY OR U.S.D.A. CHOICE

ROLLED ROAST (BONELESS) **39¢** lb.
THEY WON'T LAST LONG AT THIS PRICE



SLICED BACON (LEAN EASTERN) **2 lbs. 79¢** lb.



GROUND BEEF MANNINGS FINEST QUALITY OR U.S.D.A. CHOICE **3 lbs. 79¢** lb.

SHORT RIBS MANNINGS FINEST QUALITY OR U.S.D.A. CHOICE **19¢** lb.
LEAN, MEATY FOR B.B.Q. OR BRAZING

BEEF TONGUES MANNINGS FINEST QUALITY STRICTLY FRESH! **29¢**

SWIFT'S Luncheon Meat **PREM 3** 12-oz. Cans **\$1**

SWIFTNING

SWIFT'S SHORTENING 3 LB. TIN ONLY **69¢**

HUNT'S PRUNE PLUMS (300 Can) **8 FOR \$1**

JEWEL SALAD OIL **49¢** Qt.

STRATO-FROZEN SANDWICH STEAKS 12 FOR **\$1.00**

LIGHT MEAT TUNA 1/2 Cans **6 FOR \$1**

SUMMER FAVORITE! **Campbell's SOUP** IN SANDWICHES
Chicken Noodle Soup 7 for \$1
Vegetable Beef Soup 7 for \$1
Tomato Soup 10 for \$1

PURR CAT FOOD 8 for \$1
AJAX CLEANSER 4 for 49¢ Reg. Size

46 Oz. High Most Orange Drink 4 for \$1
Stokley Applesauce 303 6 for \$1

YOU CAN WIN \$500 WORTH OF GROCERIES! Redeem your cash register slips next door at Hank's Furniture Store for drawing tickets! And register there for many other FREE PRIZES!



HATANAKA'S QUALITY PRODUCE



PICKLING CUCUMBERS

THOMPSON - SEEDLESS GRAPES

SWEET - JUICY VALENCIA ORANGES

SWEET - PEACOCK WATERMELONS

89¢ LUG

10¢ lb.

5-25¢ lb.

3¢ lb.

COMPLETE WINE & LIQUOR DEPARTMENT!

ALL THE NATIONALLY FAMOUS BRANDS

COMPLETE SELECTIONS OF ALL BRANDS OF BEER

TOM HINCKLEY'S

— LOMITA —

241st St
Narbonne Ave

SPECIALS THURSDAY, FRIDAY and SATURDAY JULY 19-20-21

Noises May Be Threat to Man's Stability, Health Officer Says

By ROY O. GILBERT, M.D., Los Angeles Co. Health Officer
According to the Old Testament, the sound of trumpets and shouting crumbled the walls of Jericho, and many experts believe that the noises of modern civilization, in a more subtle way, may be undermining the personalities and perhaps even the health of thousands of Americans.

Noises are irritants for every normal personality, stated Dr. Thomas Parran, former Surgeon General of the U. S. Public Health Service. And, in the opinion of one specialist in the field of noise abatement, individuals who live in a wolver of city noises may become increasingly scrappy, cranky, and generally hard to live with. If true, this could ultimately produce a disastrous effect on human relationships and especially those related to family life.

TV Bothers Eating
Research shows that even youngsters are affected by noise. One recent study of children who were permitted to watch television while eating showed an increased amount of illness among them, a lack of concentration in school work, and mounting disciplinary problems about the house. But few parents, in these days of unrest and revolt, would have the audacity to act on such information.

Doctors have long been aware that noise is detrimental to the physical recovery of sick people, and this is the justification for "Quiet Zone" signs near hospitals. The concept that noise can be a contributing factor to a sick civilization may suggest the need for quiet zones in other areas of our daily life.

Dim Causes Illness
Studies made some years ago at Colgate University showed that "sick headaches" are frequently the result of din. Young mothers will not be surprised to learn that sharp and unexpected sounds, such as those made by a cap pistol or a bursting paper bag, will send the blood pressure soaring higher than an injection of the most potent drugs.

In general, other people's noises are the most disturbing. When the individual himself makes a noise the nervous system is prepared beforehand, and adjustment to the shock is easier. And of course there are psychological factors that make a sound pleasant to one individual and annoying to others. This is evident in screeching voices, loud music, and other irritating sounds that sometimes emanate from a neighbor's noisy party.

Most authorities are in some disagreement as to what precisely takes place in the human body as the result of continued exposure to noise. However, a large number of doctors are agreed that individuals who constantly suffer a particular stress, experience some kind of change in their nervous, glandular, or cardiovascular system.

These changes result from a sort of gathering together of man's biological forces to meet the strain, and after a long period, a permanent physical price is exacted for this long-standing reaction to tension. The end result of stress caused by noise might possibly be a nervous breakdown, a chronic illness, an ulcer, or even aggravation to an existing heart condition.

Effects Tested
These are not wild guesses of what noise can do to an individual. They are the speculations of scientists who have worked for a long time to test the effects of noise on man. The information has been supplied from the well-known Benox Report, made for the Armed Services by the University of Chicago, through work at the Army Research Laboratories at Fort Knox, and from scores of other research studies conducted for industry and business.

Although we cannot easily change our natures nor yet the kind of world in which we live, it is still possible for each individual to cut down noise and confusion within his home, his office, and his shop. To do so, in no matter how small a degree, is to demonstrate intelligent self-interest and make a positive step towards better nerves, more energy, and a more comfortable state of mind.

Daily Vacation School Opens At Local Church

Daily vacation church school opens tomorrow at 9:30 a.m. at the First Methodist church, 1551 El Prado St.

The school will continue for two weeks. It is for kindergarten through sixth grade pupils. Grade superintendents include the following: Mrs. Lyle Enger, Mrs. Archie Turner, Mrs. Leona Eads, Mrs. Richard Brundin.

CAPITAL NAMED

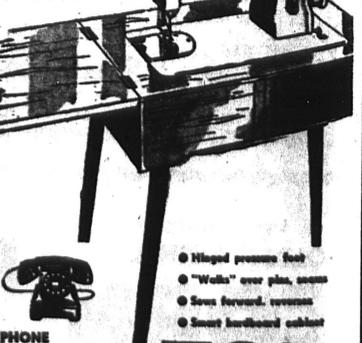
Annapolis was named capital of Maryland in 1694.

PLENTY OF SPACE
Nevada has about 400 acres per each inhabitant.

Shop at Sears
Mondays and Fridays
9:30 A.M. to 9:15 P.M.
Other days:
9:30 A.M. to 5:30 P.M.
Park FREE!

Rotary Action Console Models

NOT AN IMPORT MADE IN U.S.A.



PHONE OR 8-2521
now for a FREE home demonstration or stop by and test this machine in our store.

79⁹⁵
\$5 DOWN, Sears Easy Terms

A Commander that's "refined" to lock stitch with professional perfection! Gives you larger wardrobes, wardrobes that look expensive... wardrobes that are self-stitched to save you many, many dollars! Try it and bank the savings.

SEARS - Inglewood
MANCHESTER AND HILLCREST
OR. 8-2521 Park FREE